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NEWS
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Let not a pipeline divide us

During Canadian visit, Hillary Clinton says Keystone XL mustn't come to define Canada-U.S. relationship **PAGE 6**

Something smells fishy ...

And it could help keep cancer at bay. Try some turmeric-rich, pan-fried fish for your next dinner **PAGE 24**

WORLD CUP ROUNDUP: DAY 5

GERMANY HAS A FIELD DAY VS. PORTUGAL, WHILE SOME WHITECAPS PUT NATIONAL PRIDE ON THE LINE AS THE U.S. TAKES ON GHANA **PAGE 25**

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Full strike ahead for teachers

Bargaining. BCTF chief accuses province of wasting 'a real opportunity to fix a lot of what they've broke'

The B.C. teachers' dispute took an ugly turn Monday after a weekend of hard bargaining failed to result in a new deal.

Jim Iker, president of the B.C. Teachers' Federation (BCTF), told media that a full-scale strike is now imminent after accusing the B.C. Public School Employers' Association (BCPSEA) and the government of squandering the best opportunity to get a deal done.

"There was a real opportunity to fix a lot of what they've broke," said Iker. "There was no 24-7 bargaining as (Education Minister) Peter Fassbender and (Premier) Christy Clark promised. Those comments last week are completely disingenuous; it was all talk. The government was unprepared, unwilling and ultimately unhelpful."

According to Iker's ver-



B.C. teachers, parents and other union supporters rally on the lawn of the B.C. legislature Monday in Victoria to protest the government's latest contract offer. CHAD HIPOLITO/THE CANADIAN PRESS

sion of events, the BCTF proposed a comprehensive package that included its biggest wage and term concessions yet — an eight per cent increase over five years — on Friday morning, only to wait

until Sunday evening for a response.

He then lashed out at the government for coming back with an offer of a seven per cent wage increase over six years, which Iker said was an

"unprecedented" retreat from the 7.25 per cent increase allegedly tabled earlier.

"They went backward instead of forward," Iker said. "You have to question their sincerity."

Although the union decreased its salary demands, Iker admitted the BCTF asked for a \$5,000 per-teacher signing bonus that's significantly higher than the \$1,200 bonus the government was pre-

pared to give.

In response, BCPSEA chief negotiator Peter Cameron stopped just short of calling Iker a liar.

Cameron claimed the government only ever offered teachers a 6.5 per cent wage increase before, and that Iker was "misleading" the public by rolling in since-rejected cost-saving measures into salary numbers to get to his claim that teachers had been offered a 7.25 per cent raise.

"How is seven per cent going backwards from 6.5 per cent?" Cameron asked. "It's completely wrong and Jim Iker must know it's wrong. I can't characterize that as anything other than a misrepresentation."

Cameron said his team was still awaiting a counter-offer from the BCTF at midnight when the union abruptly called off talks before launching its public attack on the government Monday morning.

Despite the animosity, both sides agreed the latest round of bargaining was the closest they've been to a deal even if an "enormous gulf," as Cameron described it, still exists.

MATT KIETLYKA/METRO

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Inclusiveness. School board approves new LGBTQ policy

The Vancouver School Board has officially adopted a new sexual orientation and gender identities policy.

School trustees passed the policy — meant to support and provide a safe and inclusive school environment for lesbian, gay, bisexual, trans, two spirit, intersex and queer students — Monday night after months of heated debate and public hearings.

Although VSB chair Patti Bacchus expected the process to be a simple revision of an existing 10-year-old policy, strong opposition from a group called Protecting All Children in School and two former Non-Partisan Association trustees ignited debate.

The trustees, Sophia Woo and Ken Denike, were kicked out of NPA caucus and denounced by the municipal party on Friday after citing concerns that the new policy could stunt enrolment of international students and negatively affect property values.

Bacchus said she was stunned by some of the comments the board heard.

"I have heard some people say they are just opposed to homosexuals, which is exactly why we need a policy like this to make sure all students and staff feel comfortable at school," Bacchus said Monday.

The policy gives students, staff and families the right to self-determination and confidentiality. Support of LGBTQ+ students includes counseling, appointing a safe contact person, taking harassment complaints seriously, removing barriers (such as providing private washrooms or change rooms), among other resources.

MATT KIETTYKA/METRO



Women from the Gitga'at First Nation crocheted a chain made of yarn to protest the Enbridge Northern Gateway pipeline and oil tankers in their waters. FLICKR/ANDREW FRANK

First Nations prepare to fight Northern Gateway

Countdown. The federal government will be delivering its final verdict Tuesday



EMILY JACKSON
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First Nations and environmental groups across B.C. are kicking into high gear to hammer out strategies against the building of the Enbridge Northern Gateway pipeline.

A coalition of groups opposed to the pipeline, which would transport oil from Alberta to Kitimat to be shipped

overseas by tankers, held a news conference in Vancouver Monday outlining plans to get enough signatures to force a province-wide vote on the pipeline should the feds grant its approval.

"This is an issue of democracy," said the Dogwood Initiative's Will Horter, pointing to polls that found about two-thirds of British Columbians oppose the pipeline.

"Our communities will work together to defeat this pipeline, be it in the courts or at the ballot box."

The vote would be similar to the HST referendum.

Meanwhile in Hartley Bay, women from the Gitga'at First Nation crocheted a 20,382-foot chain out of

multi-coloured yarn that they plan to stretch across the Douglas Channel in a symbolic blockade on Friday.

"The community came together and everyone crocheted, to show our full support for the Gitga'at way of life, to stand up for our coast, the whales, our traditions, our food and for the future Gitga'at that will use our territory for generations to come," said Jodi Hill, one of the people who crocheted for the cause.

The women started crocheting in April and managed to create a chain, decorated with notes, that is nearly twice the length of the 11,544-foot stretch of water.

Premier Christy Clark also indicated Monday the pipeline doesn't pass muster in B.C., telling reporters at an unrelated news conference that the project doesn't meet the province's five conditions for transporting heavy oil.

Upcoming

The federal government's decision on the project is expected after markets close on Tuesday.

- A #NoEnbridgeEver rally will take place across from the Vancouver Public Library at 6 p.m.

1 NEWS



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An artist's rendering of hitchBOT, the hitchhiking robot that will attempt to cross Canada by bumming rides this summer. CONTRIBUTED

Robot hitchhiker safer and more fun than humans

hitchBOT. Robotics experiment, art project will put its safety in the hands of Canadians



**THANDI
FLETCHER**

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If you see a Wellington boot-wearing robot with garden gloves for hands on the side of the road this summer, don't be afraid to pull over.

It's only hitchBOT, the hitchhiking robot who will be attempting to bum rides across the country one car at a time. The robot, departing on its coast-to-coast journey from Halifax July 27, will rely only on its hitchhiking arm and ability to charm drivers into giving it a lift in its goal to reach Victoria, B.C.

"It is quite cute," said Frauke Zeller, hitchBOT co-creator and assistant professor in Ryerson University's School of Professional Communication. "We tried

to make it cute — and it's not heavy, so people can lift it up."

Still in the process of being made, hitchBOT will consist of various household items, like pool noodles, a bucket, a cake saver, garden gloves and Wellies, with a built-in child car seat attached.

Part collaborative art project and part social robotics experiment, hitchBOT's creators hope to answer the question of whether robots can trust human beings by sending it on a hitchhiking trip across Canada.

"A lot of the discussions about robots are, 'Can we trust them?'" explained co-creator David Smith, a professor at McMaster University. "But in this work, that question is reversed."

At the start of its journey, hitchBOT will be placed on the side of the road, where it will use its one moving arm to stick out its thumb. If a driver pulls over, the robot, which is equipped with motion and speech-recognition features as well as 3G and Wi-Fi connectivity, will be able to tell people

Turning the tables

"A lot of the discussions about robots are, 'Can we trust them?'"

Co-creator David Smith, a professor at McMaster University

that it is travelling to Victoria and ask for a lift.

The robot has been programmed to be so charming that drivers will hopefully trust it enough to give it a ride, said Smith.

Hitchhiking may not be the safest form of transportation, but Zeller said the creation team is optimistic hitchBOT will make it across the country in one piece.

People are encouraged to take hitchBOT for side adventures along the way, as long as they don't take it across the border. The robot doesn't have a passport or a roaming data plan to connect to the Internet from the U.S., said Smith.

People can follow hitchBOT's journey on Twitter and Instagram at @hitchBOT.

Report raises concern about fracking waste

University of Victoria. Study recommends better legislation about wastewater disposal, which is currently done through untracked wells

Wastewater from fracking operations in B.C. is not being disposed of adequately and the province's lax disposal regulations are partly to blame, says a new report.

In other parts of the world, wastewater is sent to municipal treatment plants, but B.C.

requires disposal of wastewater in special underground wells. Wastewater is not tracked after disposal, and so the fate or effects of this water on the environment are largely unknown.

The study was conducted by the University of Victoria's Environmental Law Centre, on behalf of the Fort Nelson First Nation, whose land contains three of B.C.'s four major fracking sites.

One well, 2240, has been used for wastewater disposal since at least 1968, and it is estimated that over 41 billion liters of water have been injected into the well — 39 per cent of all the wastewater injected

into disposal wells to date.

The Fort Nelson First Nation asked the university to complete the study so reforms might be recommended to the province. The centre found that B.C. regulation on wastewater treatment and disposal lags behind standards in the United States, Europe and Australia.

Planned expansions to liquid natural gas collection are estimated to increase fracking operations in the province by 600 times.

One suggestion in the report is that better baseline tests should be conducted before disposal wells are established, and that First Nations

and other communities could be given adequate resources to hire staff to conduct baseline testing themselves.

It is unclear how often fracking operators have been testing the integrity and environmental impacts of their wells, but even then, such tests are less useful when officials don't know the state of the land prior to the creation of a disposal well.

The report also recommends better legislation governing disposal methods and the integrity of disposal sites, long-term monitoring of disposal wells and robust emergency response plans. **MATTHEW BRAGA/FOR METRO**



This rig is used in fracking operations. A study found that wastewater from these operations isn't being disposed of properly. **MATT KIETTYKA/METRO FILE**



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Five-year-old saved

Parents warned after near-drowning

After a five-year-old girl nearly drowned on Sunday, Delta Police are reminding parents to be extra vigilant watching their kids near swimming pools.

Paramedics called police

to the Tsawwassen home around 3:20 p.m. after a girl fell into a swimming pool, said Sgt. Sarah Swallow of Delta Police. Family members pulled the unconscious girl out of the water and performed mouth-to-mouth resuscitation. She quickly regained consciousness, said Swallow. **THANDI FLETCHER/METRO**

127 Street

Cops search for home invasion suspects

Mounties in Surrey are investigating a home invasion that sent a 56-year-old man to hospital after two male suspects assaulted him, police said. Around 10 p.m. on Sunday, Surrey RCMP

responded to a report of a home invasion in the 10,300-block of 127 Street.

The suspects are described as white, possibly in their 30s, with several tattoos and were wearing dark clothing at the time of the attack. Police believe the invasion was targeted. **THANDI FLETCHER/METRO**

Revamped program

Prisoners allowed to keep newborns

A program allowing women prisoners to keep their newborns with them while behind bars has resumed at Alouette Correctional Centre for Women.

BC Corrections says the

Mother-Child Program complies with directions from the B.C. Supreme Court.

The revamped program includes an upgraded nursery, kitchen and child-bathing area and toys.

BC Corrections says the changes create a stimulating and appropriate environment for babies. **THE CANADIAN PRESS**

Move to East Coast turns into a bad drug trip for Metro reporter

Halifax. All of Kristen Lipscombe's belongings seized when nearly \$9M worth of pot and heroin found in moving truck



RUTH
DAVENPORT
Metro in Halifax

Most Canadians who have had to relocate from one point of our vast country to another know that a big move will come with at least one glitch.

In Kristen Lipscombe's case, the glitch came in the form of nearly \$9 million worth of hash, pot and heroin hidden aboard the moving truck that picked up all her worldly goods in Calgary on June 3.

"All you can do is laugh," said Lipscombe on Monday — her first day on the job as Metro Halifax's new sports reporter. "I have to have a positive attitude and look at it as another life experience and a really good story."

Lipscombe has moved sev-



Kristen Lipscombe sits in her bare condominium in Halifax on Monday. JEFF HARPER/METRO IN HALIFAX

eral times in her life, so she wasn't entirely surprised when the truck didn't arrive in Halifax as scheduled last Thursday.

But the reason she got from the moving company the next day — Friday the 13th, no less — was a shock.

"It was literally, 'We have

some not-so-great news for you,'" said Lipscombe. "My first thought was, 'There was some sort of accident — my stuff's all over the highway.'"

In fact, Lipscombe's stuff was safely aboard the truck — but was surrounded by boxes of pot and bricks of heroin.

It was all seized at the Edmonton airport by members of the Alberta Law Enforcement Response Team, who found more drugs in a storage facility.

Five men — three from Edmonton and two from Chilliwack, B.C. — were arrested, one of whom itemized and

signed for all of Lipscombe's belongings in her Calgary condo.

Lipscombe says it's a funny story in some ways — but not in others.

"I have, obviously, individuals who shouldn't be trusted dealing with all of my personal

Quoted

"I'm concerned about my personal belongings.... I don't know how they've been handled, I don't know if all my boxes have been opened and sorted through, if they've gone through my skivvies."

Kristen Lipscombe

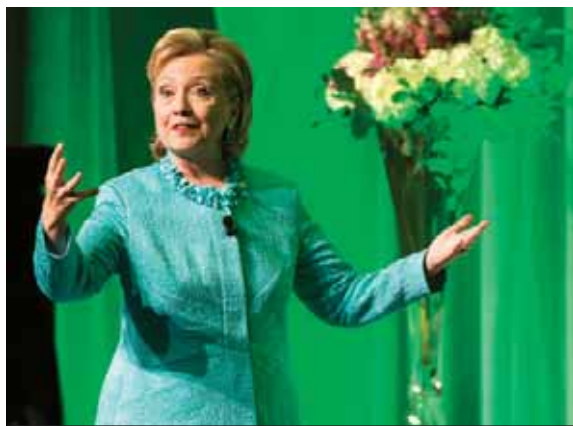
belongings. It's disturbing," she said.

Information has been hard to come by, but it appears Lipscombe's goods have been released, and are on their way to Halifax.

She said she has enough to get by for a few days, but is hoping it arrives sooner rather than later — and with some kind of discount.

"Moving is one of the most stressful life events ... so add on the fact that my stuff is in the middle of some drug investigation, and that's the icing on the cake," she said.

Canada-U.S. relations more than just Keystone: Clinton



Former U.S. secretary of state Hillary Clinton discusses her new book *Hard Choices* in Toronto on Monday. NATHAN DENETTE/THE CANADIAN PRESS

Washington's long-awaited decision to approve or reject the Keystone XL pipeline should not become a symbol of the relationship between the United States and Canada, former U.S. secretary of state Hillary Clinton said Monday.

Speaking in Toronto before a business crowd of roughly 1,800 people, Clinton said the controversial project — designed to move Alberta crude oil to the Gulf Coast — has become "a proxy for everything" as proponents and critics lock horns over its fate.

"However this Keystone decision is finally made,

some people are going to be very happy, relieved and think it was the right decision — and some people are going to be distraught and even angry and upset, thinking it was a terrible decision," she said.

"I do not see it, though, nor should it be a proxy for the relationship. It is, after all, one pipeline. We already have a lot of pipelines that cross our border."

American approval of the pipeline has been stalled in the U.S. while the Obama administration drops hints that Canada must do more on the environment.

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Hillary's Hard Choices

The former first lady was in Toronto to discuss her new memoir, *Hard Choices*.

- Many hoped she'd drop a hint on whether she plans to run in the next U.S. presidential election, but she'd only say she hopes

to one day see a female president.

- She has said she finds the prospect compelling because it offers a chance to help Americans find economic opportunities that currently elude them.

project should be part of a wider discussion on energy and the environment, Clinton said.

"I do believe that both Canada and the United States can become even richer,

more prosperous, but also more environmentally sustainable by having a broad engagement over energy and climate, and not focusing everything on this one decision." THE CANADIAN PRESS



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Lac-Mégantic

Quebec seeks damages from insolvent railway

The Quebec government is adding its name to a list of creditors seeking money from the insolvent railway company at the heart of the Lac-Mégantic train disaster.

The government said Monday that it is seeking \$409 million from the

Montreal, Maine & Atlantic Railway for expenses incurred and yet to come that stem from the July 6, 2013, tragedy, in which 47 people were killed.

The government said it has already spent \$126 million in public funds and suggests that future costs relating to the rebuilding of Lac-Mégantic could be in excess of \$283 million, warning the latter amount could change.

THE CANADIAN PRESS

Europe unaffected

Russia halts flow of natural gas to Ukraine

Russia halted natural gas deliveries to Ukraine on Monday, spurning Ukraine's offer to pay some of its multibillion-dollar gas debt and demanding upfront payments for future supplies.

The decision, coming

amid deep tensions over eastern Ukraine, does not immediately affect the crucial flow of Russian gas to Europe.

Ukraine has enough reserves to last until December, according to the head of its state gas company Naftogaz.

Previous gas disputes left Ukraine and some Balkan nations shivering for nearly two weeks in the dead of winter.

THE ASSOCIATED PRESS



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A man observes destroyed vehicles and buildings on Monday in Mpeketoni in Kenya, about 100 kilometres from the Somali border. THE ASSOCIATED PRESS

Militants kill 48 in Kenya

Tourists warned off.

Islamic extremist attacks on the rise in country once viewed as bastion of stability in East Africa

The gunmen went door to door in the Kenyan town, demanding to know if the men inside were Muslim and if they spoke Somali. If the extremists did not like the answers, they opened fire, witnesses said on Monday.

Al-Shabab, a Somali group linked to al-Qaida, claimed responsibility for the hours-long assault on the coastal community of Mpeketoni, where 48 people were killed.

The attack began Sunday as residents watched World Cup matches and lasted until early Monday, with little resistance from Kenya's security forces.

After daybreak, Kenyan troops and residents stared at the bodies lying on dirt streets by still-smouldering buildings. Two hotels and many vehicles were set on fire.

The attack highlights the growing incidence of Islamic extremist violence in

a country once seen as the bastion of stability in East Africa, drawing tourists from around the world.

The merciless life-or-death religious assessment recalled al-Shabab's attack on an upscale mall in Kenya's capital, Nairobi, last September in which at least 67 people were killed, some of them after not being able to answer questions about Islam.

The Interior Ministry said that at about 8 p.m. Sunday, two minivans entered the town. Militants disembarked and began shooting.

At the Breeze View Hotel, the gunmen pulled the men aside and ordered the women to watch as they killed them, saying it was what Kenyan troops are doing to Somali men in Somalia, a police commander said on condition of anonymity because he was not authorized to speak about the attack.

Kenya has experienced a wave of gunfire and bomb and grenade attacks in recent months.

The U.S., U.K., France, Australia, and Canada have all recently upgraded their terror threat warnings for the country.

THE ASSOCIATED PRESS

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Starbucks brews up tuition subsidy for undergrad baristas

Job perks. Company to subsidize tuition for U.S. employees who choose online courses at Arizona State; could expand internationally

Starbucks is giving its baristas a bargain on an online college degree.

The company is partnering with Arizona State University to make an undergrad education available at a steep discount to 135,000 U.S. employees who work at least 20 hours a week. Workers can choose from 40 educational programs, and they won't be required to stay at Starbucks after earning the degree.

For freshman and sophomore years, students would pay a greatly reduced tuition after factoring in a scholar-

ship from Starbucks, ASU and financial aid, such as Pell grants. For the junior and senior years, Starbucks would reimburse any money that workers pay out of pocket.

That means employees who already have two years of college under their belts would be able to finish school at no cost.

Tuition reimbursement is a rare benefit for low-wage workers in the retail industry. In 2010, Wal-Mart Stores Inc. started offering partial tuition grants for workers at American Public University, a for-profit, online school.

Starbucks already has a program that reimburses workers for up to \$1,000 a year at City University of Seattle or at Strayer University. Starbucks says that will be phased out by 2015 in favour of the new program, which is far more generous.

THE ASSOCIATED PRESS



Starbucks barista Linsey Pringle prepares a cup of coffee at a Starbucks Corp. store in Seattle. Starbucks on Monday announced a new partnership with Arizona State University to make online degrees available to its 135,000 U.S. employees who work at least 20 hours a week. TED S. WARREN/THE ASSOCIATED PRESS FILE

Looking ahead

- Cliff Burrows, head of the Americas for Starbucks, said he hopes the program will encourage other companies to offer similar benefits. He added that Starbucks plans to look at expanding the educational perks to workers overseas.
- The Seattle company doesn't know how many of its workers will apply, and it isn't saying how much the program might cost. Tuition for an online degree at ASU is about \$10,000 a year, although it can vary depending on the program. Many Starbucks workers would likely qualify for a Pell grant, which can be worth as much as \$5,730.





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Wages. Canadians get paid about the same as Americans, study finds

Wage levels in Canada are generally in line with those in the United States, says an internal government study, suggesting the pay packets of Canadian workers pose no special competitive disadvantage.

The research, by Employment and Social Development Canada, found that since the 2008-2009 global financial crisis, any average differences in the two countries' wage lev-

els have largely disappeared.

Less educated Canadians earn slightly higher wages than their American counterparts, but well-educated Canadians earn slightly less.

The result appears to be a more equalized wage economy that is well-positioned internationally to compete with Canada's largest trading partner and others.

THE CANADIAN PRESS

Market Minute

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#NOFILTER #PRENUP #BADIDEA

Recently engaged couple Alan Linic and Claire Meyer are experts when it comes to PDA: publicly displaying arguments. The pair has been documenting their fights from their shared Twitter account aptly named @WeFought-About since August 2013. The feed — which now has over 21,000 followers — offers a humorous glimpse into the mundane reasons behind the couple's domestic squabbles including disagreements over television shows, haircuts and computer passwords.

While Linic and Meyer are happy to broadcast their quirky romantic quarrels to thousands of followers, most of us have a bit more restraint when it comes to sharing our personal lives online. Some couples are even going so far as to draw up formal contracts to govern what they can and can't post about each other online.

We might be living in a digital world but I think couples need to exercise a little common sense regarding social media



SHE SAYS
Jessica Napier
metronews.ca

etiquette. Uploading an unflattering photo of your fiancé to Facebook is pretty thoughtless, but it isn't exactly a relationship deal-breaker and it shouldn't require legal intervention.

And yet an increasing number of couples are turning to third-party experts to help them navigate their expectations concerning online behaviour.

New York-based attorney Ann-Margaret Carrozza appeared on a recent episode of Good Morning America to discuss the rise of social media clauses in prenuptial agreements. Customizable lifestyle contracts are designed to prevent partners from posting private, embarrassing or potentially incriminating content about one another on social networking sites.

The consequences for individuals who violate the behavioural prerequisites outlined in a prenup can range from simple punishments, like doing the dishes, to more serious penalties such as fines up to \$50,000, Carrozza said.

Whatever happened to communicating with your significant other openly and honestly? If you need to hire a professional to draw up a legally binding document to regulate what sort of content you can share about one another on the Internet, then you might want to consider whether or not your relationship is even ready for the next step.

Unless you're a Kardashian, you should understand that some parts of your private life should remain private.

Stop fretting about your fans and followers and remember that real relationships take place offline. Live-tweeting your romance shouldn't trump your partner's privacy concerns. While lawyers might be required to help negotiate some aspects of an upcoming marriage, complicated social media prenups shouldn't be one of them. Forget the hefty legal fees and just have an upfront conversation with your partner about your personal expectations and boundaries.

And remember to think twice before you Snapchat that sexy bedtime photo or tell off your mother-in-law on Twitter.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Rhinasserous friends



Rhinoceros Manuela and her donkey friend hang out at the Tbilisi Zoo, Georgia on Monday. The zoo keepers tried to help Manuela by putting the donkey in the same cage. The strategy worked and the animals have been living peacefully together since. SHAKH AIVAZOV/THE ASSOCIATED PRESS

Bummed out rhino cheered up by new donkey buddy

Animals in the zoo in Georgia's capital are not allowed to be lonely, even if it means they end up with rather unusual companions.

A female rhinoceros called Manuela has made friends with donkeys, after failing to hit it off with either zebras or goats, while a lion cub neglected by his mother has bonded with a puppy.

THE ASSOCIATED PRESS

Not quite lion and lamb, but pretty close

Tbilisi Zoo spokeswoman Mzia Sharashidze said Manuela got depressed after the death of her mate and became aggressive toward her caretakers.

They tried putting zebras in her enclosure, but they only returned the aggression. Then they tried goats, which ran away. But the donkeys had an instant calming effect.

Nearby, lion cub Shamba lives happily with a puppy.

THE ASSOCIATED PRESS

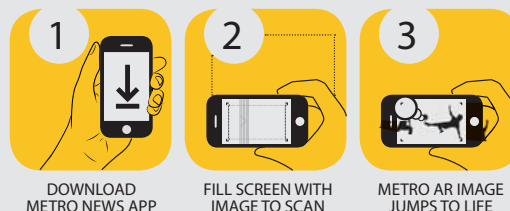
A friend in need

- Donkeys are well known on farms for having a calming effect on livestock. At weaning time a donkey can help ease the trauma of a foal being separated from its mother. The donkey has a relaxing influence on the foal and willingly takes on responsibility for its well-being. Donkeys also make good pals for grown horses recovering from injury or surgery.

SOURCE: DONKEYANDMULE.COM

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 23 in Life and page 26 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

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MetroTube

Drone smackdown



ANDREW FIFIELD
andrew.fifield@metronews.ca

So if you're anything like us, this is the first time you've seen a hostile crowd take down a drone with whatever means available, before proceeding to smash it to pieces.

But, it's pretty safe to bet it won't be the last as the skies fill with the buzz of unmanned aerial surveillance. And an arsenal of promotional T-shirts won't be an adequate weapon set for long.
(Runnerazzi/YouTube)



METRO PHOTO ILLUSTRATION

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June 20-22, 2014

DRAGON BOAT FESTIVAL

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June 20-22, 2014

DRAGON BOAT FESTIVAL

Things To Do And See

Friday June 20th 5pm - 10pm Opening Night party!

June 20th, 5:00 PM to 10:00 PM

Come join us for our opening Night Celebrations. At 5 p.m. please join us at Dragon Zone Docks for our Blessing Ceremony. At 6:00 it's the Official Opening with Bob Baker, Eagle Song Dancers, Board of Directors and Sponsors. Then enjoy World Beat Stage performances including Orkestar Slivovica at 6:30pm and Juno and Grammy Award winning artist Alex Cuba at 8:00pm. This event is open to the public and is free to attend.

Awakening the Spirit of the Dragon Blessing Ceremony

Dotting the eyes takes on a whole different meaning on Friday June 20th at 5 p.m. when we awaken the dragons. This is the official kickoff event for the 2014 Rio Tinto Alcan Dragon Boat Festival. Each year the Festival honours the ancient Chinese tradition of dragon boat racing with an eye dotting and dragon boat Blessing Ceremony. We invite priests and members of the congregation of the Evergreen Taoist Church to the waters of False Creek to conduct this ancient and colourful ritual.

The priests set up their altar right on the dock from which paddlers will board dragon boats the next morning. The dragon boats are "dressed" with ornate dragon heads and tails are lined up at the dock. The chanting begins. The priests invoke the goddess of the sea, the saints and the immortals through chanting, invocation and burning joss sticks. This cleanses and blesses the racecourse, the competitors and their boats and charges all with the strength of the dragon.

The blessing ceremony takes place on the dock at the foot of Ontario Street, just south of the Telus World of Science dome. The priests make offerings to the five elements and directions; joss sticks representing wood for the east, flowers representing metal for the west, candles representing fire for the South, water representing its elemental self for the north and fruit representing the earth for the centre. The climax of the ceremony is the eye dotting ritual, which officially awakens the dragon. Ancient Chinese dragon mythology has it that the dragon sleeps in mountains and travels to the water when it is awakened. Guest dignitaries assist in this rite, dipping brushes in pots of red cinnabar paint and dabbing the eyes on the heads of the dragons. At the end of the ceremony the priests nourish and appease other souls that might be present by throwing them 18 coins and coloured beans representing the five elements and directions. Taoism is one of the world's oldest religions, originating in ancient China. Members of the Evergreen Taoist Church are devotees of the complete reality school-Dragon Gate Sect and follow the teachings of the immortals, Master Lu Sun Young, Master Wong Chung-Young and his disciple Master Yau Cheung-Chun.



Saturday June 21st and Sunday June 22nd Come Visit The Dragon's Den

The Dragon's Den aims to promote peace and harmony within the community and to encourage understanding between different cultures, faiths and religions. The Den also allows participants to explore their creativity and gives them a chance to showcase their talent and cultural identity in front of an audience of thousands.

The Dragon's Den also provides a number of exciting activities for children and families to enjoy such as table tennis competitions, drumming workshops, dragon boat craft making, arts and crafts and a stage. The Young Performers Stage is programmed with non-stop performances and experiences targeted at children and youth.

Hours: 10 am to 5 pm Saturday, 10 am to 4 pm on Sunday
Dragon's Den, in the gymnasium of Creekside Community Centre

Dragon's Den Activities 20 Minute Art-Off

A competition for artists of all ages

Every hour on the hour, starting at 10 AM, with the last session beginning at 4 PM (3PM on Sunday), participants are invited to create a piece of art based on a dragonboat theme. Budding artists will be supported by professional artists in the creative process, and photos will be posted on social media throughout the weekend.

All supplies will be ready and waiting for you. Bring your best ideas; at the end of each day an Art-Off Champion will be chosen, and an overall dragon boat Art Champion will be chosen on Sunday afternoon.

Paper Boat Collaborative Installation and Races

Join the Laneway Art Collective to create beautiful blue fantasy dragon boats that will be making their way throughout the corridors of Creekside Community Centre. The installation will remain open until the end of September, after which their eyes will close with the sunset, and submerge for a blissful winter sleep.

Paper Boat Races

Make a paper dragon boat and race it down the waterway by blowing through a straw. Win a sticker or maybe even a gift from one of our partners.

Hours: 10 am to 5 pm

Creation takes place in Dragon's Den, in the gymnasium of Creekside Community Centre. Installation takes place in the hallways.

Young Performers Stage

A place for all kids and youth to perform and be entertained. Hip Hop, Poetry Slamming, musical performances, interactive drumming workshops; there won't be a quiet moment so don't forget to drop by the stage and cheer on the young and young at heart.



Global Tea Lounge

Traditional Chinese, Taiwanese, African and Japanese teas paired with seasonal local foods at the Global Tea Lounge at the 26th Annual Dragon Boat Festival.

Visitors will enjoy tea with seasonal + local appetizers at curated tea tables from around the world.

The teas: Japanese Tea Ceremony performed by Master Sakaino Ayako of The Urasenke Foundation, a cupping demonstration from Tea Sommeliers Brendan Wayne and Del Tamborini of the Vancouver Tea Festival, Traditional Taiwanese Tea Ceremony from Jenny Lo (Oollo Tea Co), Single Estate direct trade Kenyan tea from Vancouver's Justea and Gong Fu Cha Tea served by Adrian Sinclair, Lars Nielson, Brian Mulvihill and Luke Moloney.

Saturday June 21st

10AM Luke Moloney : Traditional Chinese Tea // Pandora Benevolent Soc.

10AM Jenny Lo : Traditional Taiwanese Tea // Oollo Tea

10AM Daniel White : Direct Trade Kenyan Tea // Justea

12PM Trish Klein : Foraged, Seasonal + Local Edibles

2PM Sensei Ayako Sakaino : Japanese Tea Ceremony // Urasenke Foundation

4PM Brian Mulvihill : Traditional Chinese Tea // World Tea Party

6PM Tea Service Ends

Sunday June 22nd

10AM Adrian Sinclair : Traditional Chinese Tea // The Chinese Tea Shop

10AM Jenny Lo : Traditional Taiwanese Tea // Oollo Tea

10AM Daniel White : Direct Trade Kenyan Tea // Justea

12PM Trish Klein : Foraged, Seasonal and Local Edibles

2PM Brendan Wayne & Del Tamborini: Spring Tea Cupping // The TeaGuy & Vancouver Tea Society

4PM Lars Nielson : Traditional Chinese Tea // www.palateatea.com

6PM Tea service ends





world beat DB DRAGON BOAT stage

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Schedule

Friday Night June 20th

6:00pm - 7:00pm Opening Remarks
Eagle Song Dancers
Orkestar Slivovica
8:00pm - 9:30pm Alex Cuba

Saturday June 21st

12:00pm - 1:00pm Shan-e-Punjab Bhangra Kids Dancers
1:30pm - 2:30pm Santa Lucia
3:00pm - 3:20pm Harem Dancers
3:30pm - 4:30pm Los Furiros
4:30pm - 4:50pm Harem Dancer
5:00pm - 6:00pm Tambura Rasa

Sunday June 22nd

12:00pm - 1:00pm North Shore Celtic Ensemble
1:30pm - 2:30pm Sekoya
3:00pm - 3:20pm Orkestar Slivovica
3:30pm - 4:30pm Haram
4:30pm - 4:50pm Orkestar Slivovica



Boat & Course Quick Facts

How long, how fast, how far?

This year at the Rio Tinto Alcan Dragon Boat Festival we will be using an all BuK fleet of boats from Germany.

Dragon Boat Race course

Length (metres) 500
Number of lanes 8

Dragon Boat sizes

Length (metres) 12.5
Weight (kg) 250

Boat Accessories

Drum, stand and seat (kg) 22
Steering Oar length (metres) 3
Paddle length (metres) 1.1

Head and Tail (each)

Length (metres) 1.4
Weight (combined kg) 16

Teams

Each team is made up of 27 members – 24 paddlers (this includes 4 spares), a drummer, a steersperson and a team manager. In a race there are 20 paddlers, a drummer and a steersperson.

Technique & Speed

For maximum speed, the objective is to have all 20 paddlers working as one. Top speed only comes with a well-timed stroke of the blade hitting the water as vertically as possible, with a quick short pullback driven by a torso rotation. The efficiency of the stroke is more important than the stroke rate. The faster the paddling, the more difficult it is to maintain a proper stroke.

A seasoned dragon boat team will have a rate of 70 to 80 strokes per minute and can travel over still water at the rate of 3 to 4 meters per second. Average times to complete the 500-meter course at the Rio Tinto Alcan Dragon Boat Festival are between two and two and half minutes.

Note: Some of the above varies slightly by fleet.



One team - one goal

As we celebrate the 60th anniversary of our operations in Kitimat, we honor the past and look to the future with our \$3.3 billion modernized smelter, one that will reduce our environmental footprint, create long term sustainable jobs and secure the aluminium industry in BC for decades to come.

As a sponsor of the Rio Tinto Alcan Dragon Boat Festival for 18 years, we salute all participants for their commitment to teamwork, their determination and passion - important values for us and our employees around the globe.

Paddles up!

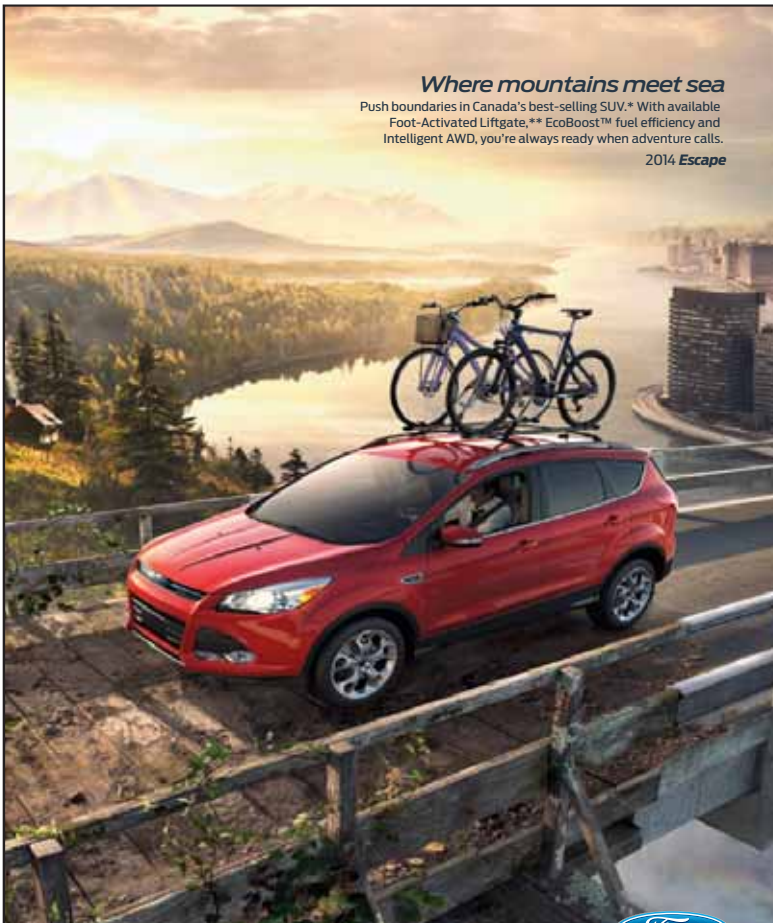
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June 20-22, 2014

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Vehicle may be shown with optional equipment/features. Depicted price and accessories not included. *Based on 2007-2013 and YTD February 2014 R. L. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Traditional Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. **Some driver input required. Requires having available Intelligent Access key on your person. Not available with Class II Trailer. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.



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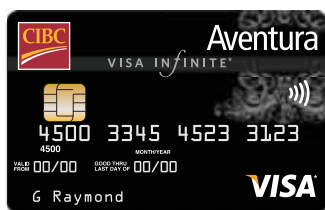
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DVD review



The Grand Budapest Hotel

Director. Wes Anderson

Stars. Ralph Fiennes, F. Murray Abraham, Adrien Brody

Eight features into a career of artisanal whimsy, Wes Anderson has “baked” his masterwork with *The Grand Budapest Hotel*, one of 2014’s best films. Every carefully arranged image is a visual treat and a comic delight.

Through the pink-frosted doors of the title retreat pass many familiar faces from Anderson’s previous films — people like Bill Murray, Owen Wilson, Tilda Swinton, Jason Schwartzman and Bob Balaban. But the most engaging and amusing of them is new to Anderson’s antics: Ralph Fiennes.

He’s Monsieur Gustave H., the concierge of the Grand Budapest, a man of fastidious manner and reckless charm. Gustave’s favourite guest is octogenarian Madame D. (Swinton), who adores him — and who wouldn’t? But she fears treachery as she prepares to return to her grasping son Dmitri (Adrien Brody) and other ungrateful offspring.

There’s an undercurrent of melancholy to *The Grand Budapest Hotel* that indicates how far Anderson has progressed from the studied irony of his early films. **PETER HOWELL**

The Antlers need just a little bit of patience

Familiars. Singer Peter Silberman talks how slowing down tempos helps him to be present in the moment

PAT HEALY

Metro World News in Boston

The Antlers have created a world where a cheerful mariachi horn can be right at home with classic soul chord progression and the heady dystopian plodding of Pink Floyd.

“I’ve been listening to Pink Floyd for so long that I’m sure it’s in there in a permanent way,” says singer and guitarist Peter Silberman.

On *Familiars*, the band’s third official album as a multi-member concern (Silberman released several bedroom-recorded cassettes under The Antlers moniker in the beginning) the one thing that unifies all of these disparate sonic elements is patience.

“That’s become my way of attempting to be present in songwriting,” says Silberman of the careful pace that defines the album, “and musically, I think that playing music is a much more present activity for me, and part of the reason that I tend to lean toward slower tempos is to negate the rush to the finish line. You know how when a song starts and it’s kind of catapulting towards the end of it? It’s something that lately I haven’t been interested in at all. I think you miss everything that happens in between with that approach. I enjoy patience in music and I enjoy trying to



The Antlers’ third official album as a band is called *Familiars*. MARC LEMOINE

cultivate that for myself.”

Silberman says that the other members of the band not only exercise patience when they’re playing, but also when the singer is revising lyrics right up to the deadline. “Through the last days of recording, I was still changing words,” he says.

Although he is able to keep himself at a slower tempo when recording his words, he does speed up when he speaks about it, still obviously excited to discuss the music.

“I wanted it to be the truest album, but I think reaching some sort of state of ultimate

Quoted

“There is no such thing as perfection, and I was thinking of it as some sort of puzzle, and I wanted it to be a puzzle where all the pieces fit together perfectly.”

The Antlers’ singer and guitarist Peter Silberman

truth is kind of impossible and I learned that over the course of this,” he says. “There is no such thing as perfection, and I was thinking of it as some sort of puzzle, and I wanted it to be a puzzle where all the pieces fit together perfectly. And I kind

of just drove myself crazy trying to make that happen, and I got as close as I could get, but there’s really no way to do it, since by nature of being human it’s going to be flawed, and have pieces that don’t quite fit together.”

Dragon Blade. Hollywood heavyweights join cast of massive Chinese film

John Cusack and Adrien Brody are set to join Jackie Chan in the upcoming film *Dragon Blade*

Discussing the announcement at the Shanghai Film Festival, Chan said that he was “really excited to be in a movie with two of the most respected

actors working today,” according to *The Hollywood Reporter*.

Built on a budget of \$65 million, the most expensive Chinese-language film in history is to start shooting in Silk Road stop Dunhuang City and within the Gobi.

AFF

Hollywood

Hiddleston to play Hank Williams

Tom Hiddleston has signed up to play country and western musician Hank Williams in the biopic *I Saw the Light*.

Hiddleston will not only portray Williams but act as vocalist during the movie’s musical performances. **AFF**

Batman v Superman. Jason Momoa to play Aquaman in new film

Hawaiian-born Jason Momoa (*Stargate: Atlantis*, *Game of Thrones*) is to become blonde-haired, telepathic underwater inhabitant Aquaman for *Batman v Superman: Dawn of Justice*. Ben Affleck is already in place as Batman, with Henry Cavill reprising the role of Superman. **AFF**



Jason Momoa **AFF**

Smith is a wide open book

'Just an honest person'. The neo-soul singing Brit recently opened up about his sexuality in a talk with Fader magazine

Emotive British neo-soul singer Sam Smith recently opened up about his sexuality in an interview with Fader magazine, sending minor ripples through the broad pool of music press on both sides of the Atlantic.

As Smith prepares to release his spine-tingling debut, *In the Lonely Hour*, in North America this Tuesday, he acknowledges that he watched to see how his comment — that the album's lovedrunk gut-punches were inspired by a guy he fell for last year who didn't return his feelings — would reverberate.

"I don't read album reviews, but I've been reading the stories about my personal life — which is completely fine," the 22-year-old said in a recent telephone interview from London.

"I was expecting it. I said

An uplifting album

Smith's debut is hardly the funereal drag one might expect given the heart-wrenching inspiration.

- His unflagging romanticism imbues the record with a sort of uplift. When informed of this, Smith is enthusiastically thankful. "When I called the album *In the Lonely Hour*, I think I kind of shot myself in the foot in a way — because it's a sad title," he said with a laugh. "But I thought of it more as a brave title."

what I said for a reason. And yeah, it's interesting just to read, isn't it? The whole past few years have been interesting, just to see what the world is like sometimes."

And in the hurricane of interviews and coverage, does Smith feel accurately portrayed?

"Oh, one million per cent," he replied. "You're getting my personality spot-on. I am highly

emotional and also very loving and caring and I'm just an honest person.

"And I think people are feeling that honesty."

They're certainly feeling some element of Smith's forward-thinking sound, which marries his expressive, opulent vocals to elegantly uncomplicated backdrops, ranging from the dignified piano and strings of *Stay With Me* to the buoyant electronics of *Money on My Mind*.

His success at home isn't necessarily surprising — he received both the BBC Sound of 2014 Award as well as the prestigious Brit Awards Critics' Choice trophy — but he's stunned at the quick development of his career stateside, where Brit artists typically face a more arduous path to success.

A goosebumpy choir-aided performance on *Saturday Night Live* in March certainly helped — Smith, by the way, says host Louis C.K. was "so lovely" — but there's also the fact that Smith draws from predominantly North American influences, citing Etta James, Joni Mitchell and Beyoncé (always Beyoncé)

as the artists he listened to most while making his record.

Still, Smith concedes that the attention is a little overwhelming. He's only years removed from attending high school in the sleepy commuter town of Bishop's Stortford. He moved to London at 18 and wrote his debut album two years later while mired in a deep funk.

"(Life) was pretty lonely," he said of first moving to the city. "London's a big place. All my friends were back where I'd grown up in the countryside. And also I fell in love with someone who didn't love me back when I wrote the album — which probably made it easier to write music but harder to live life."

To Smith, unrequited love was largely unexplored territory in pop music.

"I feel like there hasn't been a body of work that's really properly dealt with it head on in a simple pop way or a soulful way," said Smith, who has performances scheduled in Toronto and Vancouver in September.

THE CANADIAN PRESS



Sam Smith is fine with his personal life being public.

THE CANADIAN PRESS/CONTRIBUTED

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After Gourmet, a Delicious foray into fiction

Ruth Reichl. Former editor-in-chief finds inspiration for her first novel in old letters from her food magazine days

When *Gourmet* magazine was shuttered after almost 70 years, editor-in-chief Ruth Reichl found an old filing cabinet that was filled with letters — mostly complaints and requests for recipes. They inspired her to write a series of fictional missives that ultimately formed the basis for her first novel *Delicious!*

"I wrote the Lulu letters in one fell swoop," said Reichl, referring to the book's 12-year-old cooking enthusiast who writes letters to chef James Beard during the Second World War. "Her voice was so real to me. I had been doing a lot of research into World War II because it's a period that interested me. I can't really explain why I did it, but I did."

After Reichl's contractual



Ruth Reichl, the former editor-in-chief of *Gourmet* magazine, has written her first novel, *Delicious!* THE ASSOCIATED PRESS

obligation to *Gourmet* was complete, she "went home and cooked for a year." Then her editor suggested she write a novel. Reichl decided to draw on the letters to tell the story of protagonist Bil-

lie Breslin, who leaves her family in California to move to New York for a job at food magazine *Delicious!*

Reichl, who grew up in Greenwich Village and helmed *Gourmet* for 10

years, takes the reader on Billie's food journey, from the test kitchen at the magazine to restaurants to artisanal shops. Then, when *Delicious!* is abruptly shut down, Billie finds Lulu's letters — which



help her understand various issues in her own life.

Reichl, who has received six James Beard awards, knew Beard personally.

She dedicates the book to Beard's assistant, Marion Cunningham, with whom she was close. "I invented Lulu, but I think if there had been a Lulu, he would have written back. He was generous to his readers and I think he would have loved this little girl."

THE CANADIAN PRESS

A ripe old forage

As part of her research, Reichl took a class on foraging, which she imagined would be a natural thing to do with war rationing.

- "It's fascinating how much wonderful edible stuff we're surrounded with that we just ignore all the time. ... The history of milkweed just kind of blew me away. The foraging teacher said it's edible in all its forms."
- "So I didn't have a problem going out and cooking with that floss and then I discovered that during World War II they actually did enlist schoolchildren to go out and gather the floss because they needed it to make life preservers because they couldn't get kapok anymore. It came from Japan."



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

AdorbZzz photo makes us momentarily forget that Kanye West is Kanye West

MELINDA TAUB
Metro World News

Kanye West's ego is dwarfed only by his talent. In everything he does — music, fashion, general celebrity-ness — he pushes himself to be the very best. So of course if Kanye West takes a nap, it's going to be the very best nap of all time.



Kanye proved his domination at the nap game this weekend. Sunday was Father's Day and also happened to be the first birthday of North West, Kanye's daughter with

his new wife Kim Kardashian. Kim snapped the above pic of her family, snuggled up together for a ridiculously cute Dad's Day snooze.

"This is what life is about! Our baby girl turned 1 today! We played so hard they passed out while we were watching the game! Happy Father's Day to the best daddy in the world! The way you love our daughter and protect her makes me filled with so much love!" Kim captioned the photo on Instagram.

I hope Kanye continues to make fearless, groundbreaking music. However, if he does not — if he produces nothing but, say, a coffee-table book, filled with photos of him and North napping in matching outfits, dreaming of ba-bas and rap domination — would that be so bad?



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Scan the photograph below with your Metro News app to remind yourself how Shakira's hips just don't lie.

It's the workout that doesn't lie



Want a waist like Shakira? Try this workout. CONTRIBUTED

Celeb routine.
Shakira's personal trainer shows us how to banish the bulge

ROMINA
MCGUINNNESS
Metro World News in London

"Most people crave that V-shaped torso: that slight indentation that stops your upper body from being a straight line, which is what

you end up with if you do too many straight up crunches," says Anna Kaiser, superstar Shakira's personal trainer.

"You'll change the way that your muscles are shaped, sure, but you also need to mix it up with some cardio if you want to build strength," Kaiser says. "Also, don't think you can just do this workout and then run to the store and celebrate with a greasy treat and soda!"

Want to sculpt your waist? Do this workout five times a week — if you can!

1. SKI PLYOS

From plank position, jump both legs toward your left hand, then jump toward your right hand. That's one rep. Repeat jumping from side to side, trying to lift your hips into the air between landings. Do 10 reps.



2. SUPINE SWISS TWIST

Place a swiss ball between your legs and lie down on your back (legs extended towards ceiling). With your hands out in a T position and keeping your legs straight, lower your legs toward the floor (about halfway), and rotate the ball to the right, rotate back to centre, and then lift the legs back to the starting position. Repeat on the left. Do 10 reps.



3. JACKKNIFE WITH A TWIST

Stabilize in a plank position, with your shins on the swiss ball. Press down into the ball with your shins as you lift your hips toward the ceiling and bend your knees toward your chest. Aim your knees toward your left shoulder (twisting in your mid-section) as you finish bringing your knees toward you (feeling your obliques kick in). Return to plank and repeat on the right. Do 10 reps.



4. DOUBLE TAP OUTS

Start in a plank position on the floor. Tap your right toe out to the side at a 45-degree angle (keeping your right hip parallel to the floor). Then bend your knee and tap your right toe as close to your right shoulder as possible. Return to plank and repeat on the left. Do 10 reps.



5. TWISTING SIT UP

Lie down on your back, arms extended straight overhead on the floor. As you come all the way up to sit on your booty, lift your right knee toward your chest and twist toward the leg as you come into the seated position (arms come out to the side, spine straight). Lower back down. Repeat on the left. Do 10 reps.



6. SIDE PASSE DIP

Position yourself in a side plank, supporting your body with your left arm. Anchor your right foot on the floor, bend your left leg, and hold your left foot to your right knee (in passe). Maintaining that position, try to dip your left hip to tap the floor and come back up again. Do 10 reps.





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Turmeric is the ingredient in most curry powders that will stain your fingers, counters and plastic containers.

It has also been intensely studied and is widely accepted as a potent anti-inflammatory food. Inflammation is believed to be at the root (Get it? Turmeric is a root!) of many diseases like arthritis, dementia and heart disease. The bottom line is that you want more of the foods that reduce the pressure of living.

Adding turmeric daily is simple. It doesn't have a strong flavour and hides itself well in other spices.

- Add a pinch to your morning



smoothie, and it will go relatively unnoticed.

- Include it in curried egg salad, frittatas or omelettes.

- Sprinkle into your salad dressing for lunch.

- Stir in as an invisible but nourishing addition to red or yellow soups or tomato sauces.

- Mix into spice breads, muffins or even cookies

Turmeric is available as a supplement but it is also available as a powder that can be packed manually into empty gel capsules for 1/100th of the price. Ask your doctor before adding this, though. It can enhance the efficacy of other blood thinning drugs. It is just that good!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM

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The added bonus with this Pan-Fried Turmeric Fish is that it is "breaded" in a whole wheat/turmeric coating. Together, they create a crispy

Ingredients

- 1 egg
- 2 tbsp turmeric
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white pepper
- 1 lb catfish fillets or other firm white fish
- 1 tbsp butter
- 1 tbsp grapeseed oil

Colourful spice gives your
fish cancer-fighting coating

**START TO
FINISH
12 MINUTES**

This recipe serves four. COURTESY THERESA ALBERT

crust that is delicious, yes, but the real benefit is that turmeric is a potent anti-cancer spice that is making good headlines.

1. Beat egg in a shallow bowl with 1 tbsp of water.

2. Mix turmeric, whole wheat flour, sea salt and white pepper in a separate bowl.

3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.

4. Warm skillet over medium-high heat and add butter and oil. Add coated fish. Cook 3 minutes and turn to cook 3 more minutes. Set onto paper towel to absorb excess fat. **THERESA ALBERT OF MYFRIENDINFOOD.COM**

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Caps midfielder confident in Ghana at World Cup

Soccer. Gershon Koffie overcame adversity this season, which is what his home country needs to do in Brazil



**CAM
TUCKER**

cam.tucker@metronews.ca

There was work to be done for Gershon Koffie and the Vancouver Whitecaps on Monday. Then it was on to the matter of national pride.

After a week off, the Whitecaps resumed training out at UBC. The soccer-related events at the World Cup in Brazil were all the rage, particularly with Germany having just thumped Portugal in Group G action.

Koffie was certain of one thing: His home country of Ghana would prevail over the U.S. in its opening match later in the day. With practice over, it would be a rush to the nearest television set.

So sure of the outcome was Koffie that the 22-year-old midfielder had a wager with his teammate and American Jordan Harvey. Sadly, no details were leaked.

Koffie's prediction of a Ghana win didn't come to fruition, in the most heartbreaking of fashions, as the U.S. scored the winner just minutes after Ghana had tied.

It might sting for now.

Ghana will now have to overcome considerable adversity to advance to the second round.

The start of this season presented Koffie with a difficult situation of his own, one he hadn't really been used to since

Goals galore

Erik Hurtado has been on an impressive scoring run, with four goals in his last four MLS regular-season games. Naturally, the Whitecaps' forward likes seeing teams on the attack in the FIFA World Cup.

- Through 14 games, there have been 44 goals. According to FOX Soccer, there were only 18 goals through the first 11 games in the 2010 World Cup.

- "It's exciting to watch. A lot more people are watching the World Cup. I see people on Twitter, Instagram that don't even watch soccer, now they're watching it," said Hurtado.

coming to Vancouver in February of 2011.

He had appeared in 84 matches, starting in 77 of those, over the previous three years, but found himself on the bench when the 2014 campaign began in March.

In fact, he sat the first two matches, before being subbed on in the third game. His return to the starting lineup in the midfield came because of Nigel Reo-Coker's concussion, and the Ghanaian hasn't relinquished his spot since.

"I wasn't upset. I wouldn't say frustrated, but not playing, I'm not used to that. At times you have to get used to it to make you stronger," said Koffie.

Koffie now plays alongside Matias Laba, acquired from Toronto FC, and the two now appear to be fixtures in the middle.



After sitting out the season's first two games, Gershon Koffie seems to be a fixture in the Whitecaps midfield. GETTY IMAGES FILE

"It shows he's got the ability to deal with little setbacks now

and then," said head coach Carl Robinson of Koffie.

"It's important you deal with adversity the right way."

Scoreless tie

Nigeria, Iran settle for draw in opener

Nigeria and Iran delivered the first draw of the World Cup on Monday as they ground out a 0-0 stalemate.

Nigeria showed menace early with much of its attack coming down the left from Emmanuel Emenike and Victor Moses. But Iran came close in the 34th minute when a Reza Ghoochaneh header required a sharp save from goalkeeper Vincent Enyeama.

THE ASSOCIATED PRESS

86th-minute GWG

U.S. starts, finishes strong over Ghana

Clint Dempsey scored one of the fastest goals — 32 seconds — in World Cup history and John Brooks scored the game-winner on a header in the 86th minute of a 2-1 U.S. victory over Ghana.

Andre Ayew's 82nd-minute goal appeared to have stolen the victory from the U.S., until Brooks' goal off a corner from Graham Zusi.

THE ASSOCIATED PRESS

Portugal mangled as Germany's Mueller strikes for hat trick

Thomas Mueller scored a hat trick as Germany turned on its style and power to rout 10-man Portugal 4-0 in their World Cup Group G opener on Monday.

Mueller, who scored five goals in the 2010 World Cup, was ruthless against a Portugal team that was clearly outplayed in Salvador, Brazil, despite the presence of Cristiano Ronaldo.

"To score three goals in the World Cup opener against

Group G	
4	0
Germany	Portugal

such an opponent is great," Mueller said.

The German team celebrat-

ed its 100th World Cup match with a rousing victory that was virtually assured by halftime.

Portugal was already 2-0 down before Pepe was red carded in the 37th minute for head-butting Mueller. The German star scored in first-half stoppage time to build a 3-0 advantage.

Mueller scored on either side of Mats Hummels' headed goal and added his third goal in the 81st. THE ASSOCIATED PRESS

4 SPORTS

Scan the image with the Metro News app to see the Kings party with the Stanley Cup.

MLB

Indians down
Angels 4-3

Carlos Santana and Asdrubal Cabrera homered, and the Cleveland Indians ended Jered Weaver's unbeaten streak at Progressive

Field with a 4-3 victory over the Los Angeles Angels on Monday night.

Santana's leadoff homer in the fifth inning broke a 3-all tie and moved the Indians (36-35) over the .500 mark. Cabrera hit a two-run homer in the first.

THE ASSOCIATED PRESS

Mayor's F-bomb part of Kings' celebration

Loose lips. Los Angeles mayor's use of swear word draws standing ovation during Kings' championship party

He's the ultimate button-down, blue-suited mayor. But put Eric Garcetti in a hockey jersey and there's no telling what he might do.

On Monday, he let fly with the F-word in front of millions of people as he led his city in celebration of the Los Angeles Kings' second Stanley Cup championship in three years.

Having shed his pinstriped suit of choice for a hockey jersey, Garcetti stepped in front of TV cameras and some 19,000 people gathered at Staples



Kings captain Dustin Brown carries the Stanley Cup to a rally at the Staples Center in Los Angeles on Monday. The mayor of Los Angeles, Eric Garcetti, let fly an F-word during the celebration. KEVORK DJANSEZIAN/GETTY IMAGES

Center.

The celebration happened in the same venue where the Los Angeles Kings won the Stanley Cup over the New York Rangers

on Friday.

"There are two rules in politics," the usually soft-spoken mayor told the Kings and their fans.

"They say never ever be

pictured with a drink in your hand. And never ever swear.

"But this is a big f---ing day. Way to go, guys."

As the mayor, smiling broadly, returned to his seat, the players and fans rose in a standing ovation.

"Well, we told our players not to cuss. Thanks," joked Luc Robitaille, the Kings' president of business operations.

Within minutes, the mayor's remarks were trending on Twitter and had been posted, uncensored, on YouTube and other video sites.

Mayoral spokesman Yusef Robb didn't respond to email or phone messages asking if Garcetti meant to say what he said.

The mayor's official Twitter account did repeat much of what he said — with the hashtag #BFD.

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Horoscopes

♈ Aries

March 21 - April 20

You may be a bit moody today for no apparent reason. Yes, OK, certain things have not worked out the way you anticipated but it's hardly the end of the world, so keep things in perspective.

♉ Taurus

April 21 - May 21

Why are some people so negative? It seems that the more ideas and suggestions you come up with the more reasons they find to reject them. Go it alone for a while.

♊ Gemini

May 22 - June 21

The harder you work the less you seem to get done, which is frustrating because you can sense that time is running out. The problem seems to be that you have neglected a number of small but important details.

♋ Cancer

June 22 - July 23

If you change something that does not appear to be working today chances are you will regret it come the weekend when the sun moves into your birth sign. You really don't need to change a thing.

♌ Leo

July 24 - Aug. 23

Others may be talking about you – and what they are saying is unlikely to be flattering – but what of it? You are big enough and bold enough to shrug it off and keep moving forward.

♍ Virgo

Aug. 24 - Sept. 23

If you see that a friend or relative needs help then step up to the plate and do what you can for them. Some people find it hard to ask for assistance – they think it's a sign of weakness.

♎ Libra

Sept. 24 - Oct. 23

You are worrying about something that most other times would not bother you in the slightest – thanks to Mercury, planet of the mind, going through one of its negative phases. Snap out of it.

♏ Scorpio

Oct. 24 - Nov. 22

It will pay you to be skeptical today, especially when dealing with people who in some way or other depend on your generosity. Whatever it is they suggest make sure the figures add up.

♐ Sagittarius

Nov. 23 - Dec. 21

Your self-confidence could take a bit of a dive today, even though your circumstances have not changed at all. Everyone goes through a down phase once in a while, so don't attach too much importance to it.

♑ Capricorn

Dec. 22 - Jan. 20

Ignore people who say that certain things cannot or should not be done. If you feel that a course of action is right for you then there is nothing more that needs to be said.

♒ Aquarius

Jan. 21 - Feb. 19

It's not like you to be negative but you seem to believe that a creative activity of some kind is no longer worth the effort. You're wrong.

♓ Pisces

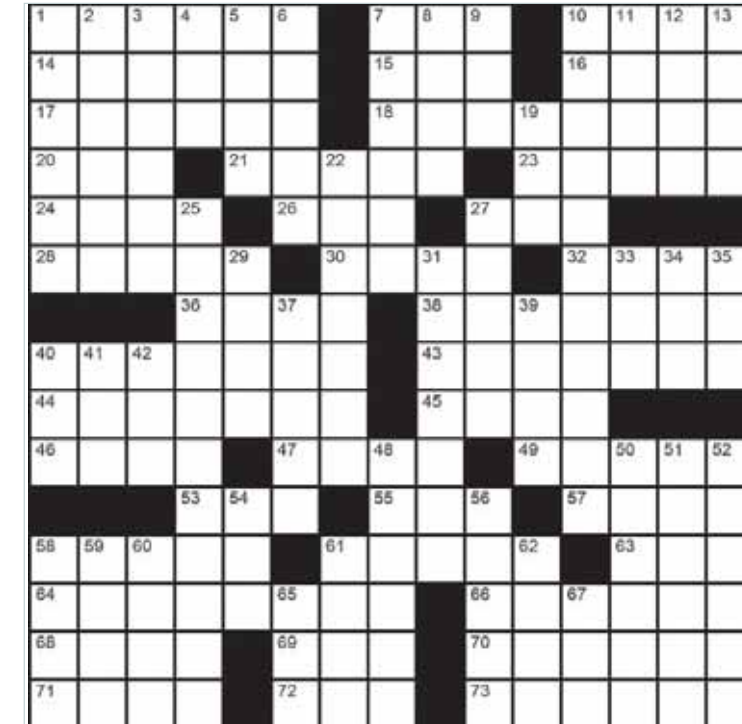
Feb. 20 - March 20

A friend is clearly being economical with the truth and no doubt that makes you mad. Before you snap at them ask yourself what their motive might be. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Winnipeg: Old ____ Square
7. ____ Vegas
10. Lady's address
14. Fabric's fold
15. 'Percent' suffix
16. Moisturizer ingredient
17. Basketball legend Julius
18. Points of view
20. Mr. Wheaton
21. Planting product
23. Prefix with 'arthritis'
24. Profess
26. Almond
27. Li'l life story
28. "Buffalo Stance" by ____ Cherry
30. Beatles: "I ____ film today..."
32. Depilatory brand
36. Agnus ____ (Mass prayers)
38. Ridiculous
40. Toronto: Rogers Centre's original name
43. Formed a queue: 2 wds.
44. Hair dye brand
45. Carte du jour
46. "No thanks, ____ a diet."
47. Sea lettuce
49. Not hidden
53. Capture
55. Sleeve
57. ...happily ____ after.
58. Wise-one's saying
61. Ritual site, perhaps



63. Eggs, scientifically
64. Swimsuit style
66. Put into peril
68. Keep ____ profile
69. Docs
70. "It's so hot ____!" (Crank up that air conditioning!)
71. ____Air (Kitchen appliance brand)

72. British poet, Henry James ____
73. Rids

Down

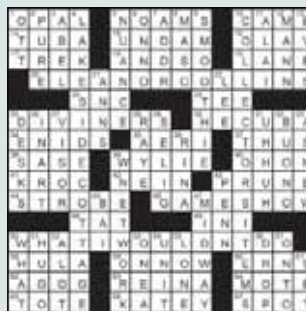
1. Food Network Canada chef, Mark ____
2. Land
3. Makeup maker
4. Trombonist Mr.

- Winding
5. Medieval labourer
6. Sara's songstress sister
7. Actor Ray
8. Numerical ord. opposite
9. Six: Italian
10. Montreal's founder, Paul de

- Chomedey de ____ (b.1612 - d.1676)
11. Frequently: 2 wds.
12. First-rate
13. 'Middle'-meaning prefix
19. "____, _ insist!"
22. Canadian judge Mr. Peters on NBC's "Last Comic Standing"

25. Vera Wang creation: 2 wds.
27. Great jazz Count
29. "Is it a '____' a 'she'?" (Human's query upon meeting a new dog)
31. American store in Canada
33. Assistance
34. Shiba ____ (Dog breed of Japan)
35. Sales pro
37. Poker: Folding-one's statement: 2 wds.
39. Never! = ____ way, shape or form!
40. ____Fi
41. Airline to Amsterdam
42. Former-NBAer, ____ Ming
48. Overnight+bag
50. Calls forth
51. Go back to a former way
52. Toronto Stock Exchange actions
54. "Snake!"
56. As per #10-Down... Ville-____ (1642-founded colony at present-day Montreal)
58. Music key, ____
59. Bananas brand
60. Nameless [abbr.]
61. Mr. Travis, WKRP employee
62. Finger jewellery
65. Rapscallion
67. "Murder, ____ Wrote"

Yesterday's Crossword

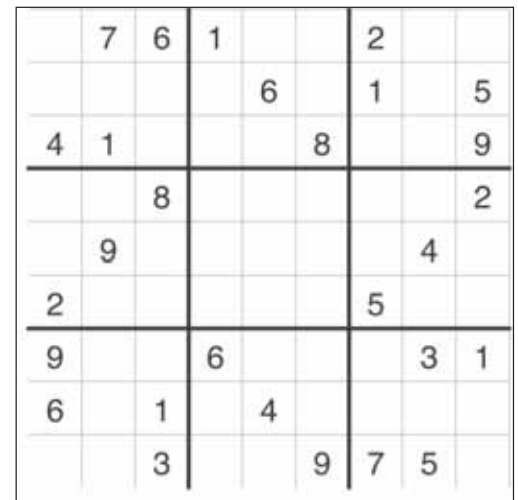


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

19°/13°

Partly cloudy

Wednesday

18°/12°

Partly sunny

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WHEELED COOLER

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If there's anything more exciting for kids than having their own camping gear, it's having gear that **glows in the dark**— like these **youth-size chairs**. As part of Coleman's Kids Collection, these products come decorated with glow-in-the-dark **star** and **constellation** patterns, making them fun, functional and educational.



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SLEEPING BAG

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